

EVERY MEAL include any of these:

★ Leafy vegetables

Sweet potato
leaves



Rape



Pumpkin Leaves



★ Orange pumpkin/
Orange sweet potato



★ Carrot



★ Mango



★ Paw Paw



★ Orange



★ Avocado



★ Beans



★ Cow peas



★ Pounded
Groundnuts/Soya



← Make your baby a STAR at every meal! →



Keep breastfeeding



Wash hands with soap

Keep the mat clean

EVERYDAY include any of these:



★★ Egg



★★ Chicken



★★ Bird



★★ Kapenta



★★ Fish



★★ Milk



★★ Mabisi



★★ Caterpillars
Termites
Grasshoppers



★★ Liver



★★ Meat



★★ Mouse